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# PUBLIC HEALTH REPORTS

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## **MAKE DAYLIGHT SAVING CONTRIBUTE TO HEALTH.**

Now that daylight saving has again added an hour of daylight to the late afternoon, health officers everywhere should endeavor to make this contribute to general health and welfare by impressing on the people the desirability of spending the extra hour in the open air. In many instances part of the time might well be spent in walking home from work rather than riding in crowded street cars. The suburbanite may find health and pleasure by cultivating a patch of garden. Even the tenement dweller of the large cities may profit by spending some of his leisure time in the parks or, where this is not feasible, on the roof of his house. In some communities organized hiking has been conducted successfully and has contributed largely to the promotion of outdoor life.

## **LEARN TO ENJOY OUTDOOR LIFE.**

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### **DELOUSING.**

#### **METHODS USED BY QUARANTINE OFFICERS OF THE PUBLIC HEALTH SERVICE.**

In connection with the interesting article on trench fever, published on another page of this report, and especially in view of the prevalence of typhus fever in various parts of Europe, it may not be amiss to describe briefly the delousing procedures ordinarily carried on by the quarantine officers of the United States Public Health Service. The procedure here described was carried out with success in dealing with the threatened introduction of typhus at El Paso in the winter and spring of 1916-1917 and is still being successfully employed there.

All persons coming to El Paso from Mexico who are considered as likely to be vermin infested are sent through this plant for disinfection.

The men and women are separated, men entering one side of the building and women and small children the other. In suitable rooms all clothing is removed and pushed through an opening in the wall into the disinfecting room, where the bundles are placed in